

WHAT IS CLAIMED IS:

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1. A head rest apparatus comprising:
- a head rest frame supported to a seat back frame of a seat back via a tilting shaft so as to freely tilt, and having an upper side of the tilting shaft, to which a head rest is attached;
 - a pressure receiving member provided in a lower side of the tilting shaft in the head rest frame and receiving a load applied from a front surface of the seat back to a backward portion;
 - an urging member engaging with the seat back frame and the head rest frame and always urging the head rest frame in a backward tilting direction; and
 - the head rest frame forward tilting around the tilting shaft corresponding to a supporting point and the head rest forward moving when the pressure receiving member is exposed to the load,
- wherein the urging member urges the ~~head rest frame in the backward tilting direction from a rear portion.~~
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2. A head rest apparatus according to claim 1, wherein the urging member is a cantilever.
3. A head rest apparatus according to claim 1, wherein the urging member is a leaf spring.
4. A head rest apparatus according to claim 2, wherein the cantilever is provided with a pair of right and left vertical rod portions and a horizontal rod portion connecting lower ends of the vertical rod portions to

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